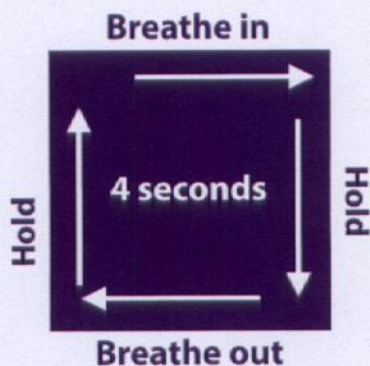


When we are feeling stress or anxiety, often

times our central nervous system is telling us it's overwhelmed. In these moments, we need positive coping strategies to calm down our nervous systems and our minds.

- **Identify your positive & negative coping strategies.** Which ones are working for you and which ones are not?
- **Focus on strengthening your positive practices** (like yoga or meditation), aiming to slowly phase out/replace the negatives.
- **Make an emergency self-care plan;** list 5 helpful things you can do when feeling overwhelmed. Identifying 5 harmful things to avoid when overwhelmed can also be helpful. Keep list with you as needed.

Try Box Breathing:



- 1) Breathe in for 4 seconds
- 2) Hold for 4 seconds
- 3) Breathe out for 4 seconds
- 4) Hold breathe for 4 seconds
- 5) Repeat until body begins to calm down & relax



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